

## **Illness Policy**

The purpose of this Policy is to:

- Establish a protocol if an individual becomes unwell with COVID-19 symptoms
- Designate an individual to follow up with any individuals who become unwell with symptoms of COVID-19 during club activities
- Establish a protocol for the club to inform OSSA, the facility, coaches, skaters, parents, members and volunteers if there has been an exposure to COVID-19 within the club or training group or if a club member is diagnosed with COVID-19.
- Establish procedures to modify, restrict, postpone or cancel training sessions or other activities based on the evolving COVID-19 pandemic.

### **An individual becomes unwell with COVID-19 symptoms**

- If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in club activities.
- If the individual becomes unwell during a training activity should be isolated from all others in a well-ventilated area, or outdoors and provided with a non-medical face mask if one is available.
- The individual shall be sent home and instructed to contact public health authorities for further guidance.
- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting.
- The designated group or individual should be informed of the situation and should contact the individual or their parent/guardian to determine if next steps are being taken regarding testing.

### **An individual is tested for COVID-19**

- Any individual that is part of a club who has been tested for COVID-19 as a result of showing COVID-19 symptoms must not participate in club activities while waiting for the results of the test.
- The club will consult the Session Participation tracking sheets to inform other club members who might have been in close contact with the individual.
- Any club members who were in close contact with the individual should not participate in club activities and should follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals

### **An individual tests positive for COVID-19**

- If an individual tests positive for COVID-19, they should inform the club.
- The club through the designated individual should contact the facility and public health officials. The Session Participation tracking sheets may be used to assist public health officials in contact tracing.
- Any club members who were in close contact with the individual should not participate in club activities for 14 days and should follow public health guidelines regarding self-isolation and testing
- The club will inform Ontario Speed Skating of a positive COVID-19 diagnosis by e-mailing [executivedirector@ontarisppeedskating.ca](mailto:executivedirector@ontarisppeedskating.ca)

### **Return to club activities following illness**

- If no test was performed, or the COVID-19 test was negative, the individual may only return to club activities once they no longer have any symptoms of COVID-19.

### **Return to club activities following COVID-19**

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.
- The individual will need a note from their physician or public health authority to return to sport.

### **Modification/restriction/postponing or cancelling of club/skating activities**

- Based on the evolving COVID-19 pandemic, the club must be prepared to follow public health, municipal/provincial government and sport recommendations regarding modifying/restricting/postponing or cancelling activities
- Clubs should establish a program cancellation policy if one does not exist already
- Clubs members should be informed as soon as possible of any modifications/restrictions or cancellations
- Clubs must keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government or sport officials

### **Public Health Guidelines**

Clubs and members should follow all public health guidelines regarding COVID-19.

These may include:

- Any club members who themselves have travelled outside of Canada, or has someone in their household who has travelled outside Canada must self-isolate and not participate in club/skating activities for 14 days unless exempted under the Quarantine Act
- Any individual who has been exposed to someone with a confirmed case of COVID-19 should self-isolate and is not permitted to participate in club/skating activities for 14 days
- Any individual with symptoms of COVID-19 is not permitted to take part in club or skating activities
- Any individual who has someone in their household showing symptoms of COVID-19, should not participate in club/skating activities for 14 days
- Any individual who has been directed by Public Health to self-isolate must not participate in club activities.

Clubs must ensure that coaches, skaters, parents, members and volunteers receive education on new safety and hygiene protocols within the club. Members should be sent Government- approved information on ways to limit the spread of COVID-19.

The following links can be sent by clubs to their members:

Ontario Public Health Public Resources: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

The following resources are also available on the Ontario Public Health website. Please ensure you are using the most up-to-date version of these tools by consulting the address above.

<b>Topic</b>	<b>Tool</b>
Hand Hygiene	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en</a>
Physical Distancing	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en</a>
How to self-monitor	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en</a>
When and How to Wear a Mask	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en</a>
How to Self-Isolate	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en</a>

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf)

Ontario COVID-19 Online Self-assessment Tool

<https://covid-19.ontario.ca/self-assessment/>